



Chestnut Tiramisu

READY IN



45 min.

SERVINGS



12

CALORIES



265 kcal

Ingredients

- 1 can chestnut spread sweetened ()
- 2 cups regular cream plain sour
- 3 slices round orange peeled thin
- 12 servings orange syrup (recipe below)
- 2 tablespoons orange juice
- 12 ounces round cake
- 2 ounces bittersweet chocolate
- 1 cup whipping cream

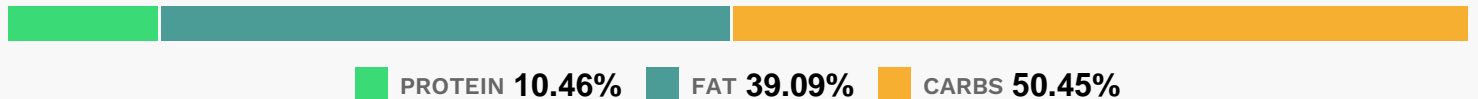
Equipment

- food processor
- bowl
- frying pan
- knife
- whisk
- blender
- peeler

Directions

- Separate ladyfingers (or thinly slice cake) and lay pieces side by side (or overlap, as needed) to cover a 14- to 15-inch-wide rimmed platter or very shallow bowl; leave a 1-inch rim.
- Mix chestnut spread with rum and 2 tablespoons of the orange syrup.
- Pour remaining syrup over ladyfingers to moisten evenly. Gently spread chestnut mixture over ladyfingers, leaving 1 inch at rim of the cookies uncovered.
- In a bowl with a mixer on high speed, beat whipping cream until it holds distinct peaks; whisk in the yogurt. Swirl over chestnut spread and most of the exposed ladyfinger rim.
- Pare chocolate with a vegetable peeler to make curls, or finely chop with a knife or in a food processor. Scatter chocolate over tiramisu. Top chocolate with orange slices. Scoop portions with a spoon.
- Orange syrup: In a 1- to 1 1/2-quart pan over high heat, boil 1 cup water, 1/2 cup sugar, and 1 tablespoon finely shredded orange peel until reduced to 3/4 cup.
- Let cool slightly and add 1/4 cup rum or orange juice. Use hot or cool.

Nutrition Facts



Properties

Glycemic Index:15.92, Glycemic Load:3.78, Inflammation Score:-6, Nutrition Score:10.562173843384%

Flavonoids

Hesperetin: 24.93mg, Hesperetin: 24.93mg, Hesperetin: 24.93mg, Hesperetin: 24.93mg Naringenin: 13.89mg, Naringenin: 13.89mg, Naringenin: 13.89mg, Naringenin: 13.89mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg

Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 264.99kcal (13.25%), Fat: 11.74g (18.06%), Saturated Fat: 6.65g (41.56%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 31.25g (11.36%), Sugar: 14.13g (15.7%), Cholesterol: 86.16mg (28.72%), Sodium: 78.97mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.06mg (1.35%), Protein: 7.07g (14.13%), Vitamin C: 49.95mg (60.55%), Vitamin B2: 0.29mg (17.26%), Phosphorus: 150.09mg (15.01%), Calcium: 147.03mg (14.7%), Folate: 55.5µg (13.87%), Vitamin A: 663.15IU (13.26%), Vitamin B1: 0.19mg (12.45%), Fiber: 2.83g (11.33%), Potassium: 351.21mg (10.03%), Vitamin B5: 0.87mg (8.74%), Vitamin B12: 0.5µg (8.37%), Iron: 1.47mg (8.15%), Manganese: 0.16mg (7.81%), Magnesium: 30.23mg (7.56%), Copper: 0.14mg (6.82%), Zinc: 0.96mg (6.38%), Vitamin B6: 0.12mg (6.02%), Vitamin B3: 0.97mg (4.83%), Selenium: 2.92µg (4.17%), Vitamin E: 0.37mg (2.49%), Vitamin D: 0.32µg (2.12%), Vitamin K: 1.06µg (1.01%)